



# **The Mamba Mentality: How I Play**

*Kobe Bryant*

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## The Mamba Mentality: How I Play Kobe Bryant

***The Mamba Mentality: How I Play* is Kobe Bryant's personal perspective of his life and career on the basketball court and his exceptional, insightful style of playing the game—a fitting legacy from the late Los Angeles Laker superstar.**

In the wake of his retirement from professional basketball, Kobe “The Black Mamba” Bryant decided to share his vast knowledge and understanding of the game to take readers on an unprecedented journey to the core of the legendary “Mamba mentality.” Citing an obligation and an opportunity to teach young players, hardcore fans, and devoted students of the game how to play it “the right way,” *The Mamba Mentality* takes us inside the mind of one of the most intelligent, analytical, and creative basketball players ever.

In his own words, Bryant reveals his famously detailed approach and the steps he took to prepare mentally and physically to not just succeed at the game, but to excel. Readers will learn how Bryant studied an opponent, how he channeled his passion for the game, how he played through injuries. They'll also get fascinating granular detail as he breaks down specific plays and match-ups from throughout his career.

Bryant's detailed accounts are paired with stunning photographs by the Hall of Fame photographer Andrew D. Bernstein. Bernstein, long the Lakers and NBA official photographer, captured Bryant's very first NBA photo in 1996 and his last in 2016—and hundreds of thousands in between, the record of a unique, twenty-year relationship between one athlete and one photographer.

The combination of Bryant's narrative and Bernstein's photos make *The Mamba Mentality* an unprecedented look behind the curtain at the career of one of the world's most celebrated and fascinating athletes.

## The Mamba Mentality: How I Play Details

### The Mamba Mentality: How I Play

208 pages , Published October 23rd 2018 by MCD

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### **Toni says**

Kobe explains his style of play and his attention to detail. He's not only a fierce competitor but a lifelong student of the game. He practiced, planned, prepared for every move he made, as well as every teammate and competitor.

Great sports-players, like Peyton Manning, Tom Brady and Kobe Bryant completely give themselves to their game, their sport, and every aspect it involves.

Very interesting and readable book.

PS. The pictures are excellent!

PSS. Kobe is a great reader and a member of GR. He's quite the intellectual!

### **Brandice says**

I love sports and basketball is my favorite, by far. I have always admired Kobe Bryant for his drive and commitment to the game, so I couldn't wait to read *The Mamba Mentality*, which is filled with awesome photos throughout his NBA career.

Love him or not, there's no denying Kobe's talent as a basketball player. I was able to see him play in his final season (2015-2016), and since he retired, I have also admired the variety of ventures he's continued to pursue. Whether or not you're an athlete, there are principles of embodying the "mamba mentality" that can be applied to all facets of life.

*"The mindset isn't about seeking a result—it's more about the process of getting to that result. It's about the journey and the approach. It's a way of life. I do think it's important, in all endeavors, to have that mentality."*

While I enjoyed Kobe's take on competing against numerous other NBA players throughout his career, the parts of *The Mamba Mentality* I enjoyed most were those that focused on his dedication to the craft of basketball, along with his determination, motivation, and consistent discipline.

*"What I'm saying is greatness isn't easy to achieve. It requires a lot of time, a lot of sacrifices. It requires tough choices. It requires your loved ones to sacrifice, too, so you have to have an understanding circle of family and friends. People don't always understand just how much effort from how many people goes into one person chasing a dream to be great."*

### **Luke\_C1 says**

A recurring theme in this amazing book is that the mental game is just as important as the actual game. Kobe Bryant, one of the greatest basketball players to step foot in the NBA, shows the reader the Mamba Mentality. The mentality of going into a game thinking, "I'm scoring on anyone who guards me" gave Kobe an edge over his opponents. Kobe's will to get to the gym everyday before anyone else gave him an advantage. Kobe, as a rookie, came into to the league cocky. As Kobe matured, he became confident. The slight difference between cocky and confident is what differs good players from great ones. Great players win the mental game as well as the physical game.

Part 2:

Kobe Bryant has arguably the best work ethic the league has ever seen, he gets to gym at 3 am every day, he makes 1000 shots every day, and he dominates everyday. Kobe had the "grit", a trait that can't be taught, to keep fighting up until his final game of his career. Kobe brought the Mamba Mentality night in and night out, outworking every opponent he faces, even at the age of 38 he scored a record-breaking 60 points, which a lot of good players can't achieve in their prime. "Diligence, confidence and style" is what made Kobe one of the all time greats.

## **From Reader Review The Mamba Mentality: How I Play for online ebook**

### **From reader reviews:**

#### **Charline Fendley:**

Have you spare time for any day? What do you do when you have considerably more or little spare time? Sure, you can choose the suitable activity regarding spend your time. Any person spent their very own spare time to take a move, shopping, or went to the Mall. How about open or perhaps read a book entitled The Mamba Mentality: How I Play? Maybe it is to get best activity for you. You recognize beside you can spend your time along with your favorite's book, you can more intelligent than before. Do you agree with it is opinion or you have different opinion?

#### **Jennifer Larson:**

In this 21st millennium, people become competitive in each and every way. By being competitive right now, people have do something to make these individuals survives, being in the middle of typically the crowded place and notice simply by surrounding. One thing that occasionally many people have underestimated that for a while is reading. Yeah, by reading a reserve your ability to survive boost then having chance to stand up than other is high. In your case who want to start reading the book, we give you that The Mamba Mentality: How I Play book as beginner and daily reading publication. Why, because this book is greater than just a book.

#### **Audrey Mack:**

People live in this new morning of lifestyle always make an effort to and must have the spare time or they will get lots of stress from both everyday life and work. So , once we ask do people have spare time, we will say absolutely sure. People is human not really a robot. Then we question again, what kind of activity have you got when the spare time coming to a person of course your answer will probably unlimited right. Then ever try this one, reading guides. It can be your alternative in spending your spare time, the particular book you have read will be The Mamba Mentality: How I Play.

#### **Robert Mangino:**

Do you have something that you prefer such as book? The publication lovers usually prefer to pick book like comic, brief story and the biggest an example may be novel. Now, why not hoping The Mamba Mentality: How I Play that give your enjoyment preference will be satisfied through reading this book. Reading practice all over the world can be said as the means for people to know world much better then how they react toward

the world. It can't be explained constantly that reading routine only for the geeky individual but for all of you who wants to always be success person. So , for all of you who want to start looking at as your good habit, you can pick The Mamba Mentality: How I Play become your own starter.

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